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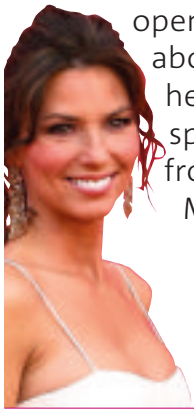

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Lighten up to keep your cool

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Body found in high-rise

Police arrest man for questioning in death of woman in west end

By **TRACEY TONG** and **TIM WIECLAWSKI**
Metro Ottawa

Police are treating a woman's death as "suspicious" and a man is in custody after a body was found in a high-rise apartment in Ottawa's west-end yesterday afternoon — not far from where another woman was murdered on Wednesday.

A man has been arrested for questioning after police received a 9-1-1 call at 2 p.m. yesterday to Unit 509, on the fifth floor of the 24-storey building at 30 McEwen Avenue.

"A woman was found deceased and a male was arrested for questioning," said Ottawa Police Const. Jean-Paul Vincelette.

TIM WIECLAWSKI/METRO OTTAWA

Ottawa Police are investigating the "suspicious death" yesterday of a woman in an apartment complex at 30 McEwen Avenue.

Police did not release the victim's name or identify the man taken for questioning. Outside of the building, several residents identified a 2003 silver Honda ULX as belonging to a resident of Unit 509. That car is registered to Demetrios Angelis.

Vincelette said he didn't know the names or ages of those involved, or the relationship between the victim and the suspect.

Neighbour Stephanie Desormeaux "heard screaming and crying," as the elevator descended to the fifth floor. When the door opened, she saw police officers, who closed the door.

Outside, Desormeaux saw police bring out a man. He was handcuffed and dressed in a red shirt, light coloured jeans and white socks with no shoes.

"He was looking straight ahead with no expression on his face," Desormeaux said.

The suspect was placed in a cruiser before police brought out two children, a girl approximately four years old and a baby, Desormeaux said.

"The baby was screaming and the older one was terrified," said onlooker Kellie King, who lives nearby. "She had a look of shock on her face. They definitely saw something."

A garbage bin for the building was removed on a flatbed truck.

Neighbours said the building is normally peaceful. "This is a quiet building and there are a lot of older people here," said tenant Phyllis Richard.

The building is a few hundred metres from where the murdered body of Pam Kosmack was found days earlier alongside a bike path. Kosmack is Ottawa's fourth homicide of 2008.

deadly days
» If the death is ruled a homicide, it would be Ottawa's fifth of the year, but the third in the past eight days.

JAMES MACLENNAN/FOR METRO OTTAWA

A pink wave of support

Caitlin Wade is congratulated yesterday as she crosses the finish line after walking 60 kilometres over two days during the Weekend to End Breast Cancer. More than 1,000 walkers raised $2.1 million in the local walk, to benefit research to battle breast cancer. **Story, page 2.**

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ottawa

A new interactive website allows Ottawans to measure, track and reduce their carbon footprint. Zerofootprint Ottawa's (http://www.ottawa.zerofootprint.net) free, web-based "carbon calculator" and social network encourages competition towards reducing Ottawa's greenhouse gas emissions. SOURCE: OTTAWA.CA

Walk raises $2.1M

1,000 take part in annual fundraiser for breast cancer

By **TRACEY TONG**
Metro Ottawa

« I've recovered very well from the surgery, but I'm in pain, let me tell you. But I love this event. I love being with all the women here. »

Breast cancer survivor Genevieve Allen

Genevieve Allen wasn't sure if she'd be able to walk 60 kilometres in the Weekend to End Breast Cancer.

After all, the 47-year-old had a mastectomy two months ago.

It started 2½ years ago, when the Ottawan was diagnosed with breast cancer. She started rounds of chemotherapy and radiation and had a single mastectomy. Her other breast was removed as a precaution earlier this year.

Now cancer-free, the first-time walk participant was determined to finish the event.

"I've recovered very well from the surgery, but I'm in pain, let me tell you," she said during the final few kilometres of the walk yesterday.

"But I love this event. I love being with all the women here.

"But I've found my inner strength and I want to use that strength to help people."

There were so many inspiring stories like Allen's over the weekend that Ottawa Regional Cancer Foundation executive vice-president Shannon Gorman said she cried several times.

"This is the most enthusiastic year yet," she said of the event, which had 1,000 participants and raised $2.1 million, bringing the three-year total to more than $6 million.

As walkers crossed the finish line at Rockcliffe Landing, supporters, friends and family cheered them on.

Although 85 per cent of the participants were women, the event had many male participants, Gorman said.

The money stays in the community where it was raised. In Ottawa, it will benefit the Ottawa Regional Cancer Foundation.

The walk also had special meaning for Chantal Smitheram, 39, who had already planned on participating for the second year to support her mother — twice diagnosed with breast cancer — when she herself was diagnosed with the disease in December.

The disease was caught in the first stage. Later this week, Smitheram will go to her last chemotherapy treatment.

After it's done, she wants to help so others will never have to go through what she did.

"I have a three-year-old, and I pray she won't have to go through what her mother and her grandmother had to," she said.

–tracey.tong@metronews.ca

Weekend of hope

By **TRACEY TONG**
Metro Ottawa

It was a nice weekend for walking, and thousands of Ottawans did so for a cause.

for a good cause

» On Saturday, walks included the Barrhaven Run for Roger's House; the Walk for ALS; the 13th annual Enbridge Canoe for Kids; and the Friends of Abandoned Pets walk.

In addition to the Weekend to End Breast Cancer, the capital hosted several other charity walks that gave residents a chance to run, walk, roll and even paddle for their favourite causes.

About 250 people took part in the fifth annual Wal-Mart Walk for Miracles at Confederation Park yesterday. Organizers for the 5K and 1K walks for children's hospital foundations across Canada aim to raise $7 million this year.

"I'm OK sharing the story, if it makes people aware of how CHEO helps kids," said Marc-Andre Bigras, who contracted meningitis as a toddler and has since had 53 surgeries, including amputations, at Ottawa's Children's Hospital of Eastern Ontario.

The sixth annual Rick Hansen Wheels in Motion for people with spinal cord injuries saw 75 participants raise over $6,000 yesterday at Carleton University.

The TELUS Walk to Cure Diabetes for the Juvenile Diabetes Research Foundation was also held at Queen Juliana Park yesterday.

'Symbolic' heart draws Italians home

Spiritual highlight of Italian Week closes intersection

By **TIM WIECLAWSKI**
Metro Ottawa

Thousands turned out to St. Anthony's church yesterday to celebrate the feast day of its namesake.

« The priest that was here at the time, Father Jerome Ferraro, he helped along immigrants and they don't forget that. »

Angelo Filoso, organizer

The annual mass, which is the spiritual highlight of Italian Week, has such a high turnout that the mass is conducted outside, closing the intersection of Gladstone Avenue and Booth Street for most of the day.

Most of those who attend are Italian immigrants or descendents who built a vibrant community around the church after the Second World War, when waves of Italians arrived Ottawa.

"The priest that was here at the time, Father Jerome Ferraro, he helped along immigrants and they don't forget that," said Angelo Filoso, one of the organizers.

Many of the original families have moved out of the area, but St. Anthony's remains the symbolic heart of the Italian community in Ottawa.

"At one time around here, the neighbourhood was strictly Italian. It changed over the years, the Italians moved out to Nepean and Kanata and what have you, but they still come back," said Peter Scott, a member of the church for more than 50 years.

The mass concludes with a large religious procession through the streets of Little Italy.

TIM WIECLAWSKI/METRO OTTAWA

Knights of Columbus colour corps member Frank Zacora marches Sion Hailu, right, during the Feast of St. Anthony procession down Preston Street yesterday as part of Italian Week.

Filoso, an Italian Week organizer, estimated that spectators and participants numbered close to 10,000.

Italian Week festivities now shift two blocks west to Preston Street for the closing weekend next Friday, Saturday, Sunday.

"There will be a lot of Ferraris, two main stages, all of Italian performances, (and) a dance group," said Filoso. "The restaurants will be set up on the streets, with a beer garden running until one in the morning."

Filoso said they added a cultural tent this year to showcase the community's history and artifacts.

–tim.wieclawski@metronews.ca

Paramedics feel heatwave's heat

By **TIM WIECLAWSKI**
Metro Ottawa

With the Humidex reaching 40 degrees Saturday and Sunday, city paramedics were kept busy over the weekend caring for people struggling through the city's first heatwave of 2008.

"There have been a lot of calls for heat-related issues today," said paramedic team leader Roch Leduc.

Official numbers were not available, but Leduc said he was aware of around a dozen calls for people suffering from heat stroke, heat exhaustion or dehydration.

Meteorologist Mark Schuster, with Environment Canada, said temperatures were nearly 10C above normal for this weekend. Temperatures reached nearly 32C, but the humidity made it feel more like 40, he said. Though not a record high, it was close to the record high for June 8 of 32.8 C, set in 1959.

The heat is expected to dip to highs under 30 for the rest of the week, but will be broken up today and tomorrow by occasional rains.

»news In Brief

» **STABBING** A 38-year-old city man is in hospital with non-life-threatening injuries after being stabbed in the east end early yesterday morning. At approximately 3:30 a.m., Ottawa Police were called to 282 Donald Street, where they found the man, stabbed with what is believed to have been a beer bottle. Christopher Taylor, 40, of Ottawa will be charged with one count each of assault cause bodily harm, assault with a weapon and one count of breach of probation.

» **ROBBERY** A trio of thieves with a sweet tooth included chocolate bars among their haul in a late Saturday night armed robbery at a west-end store, police reported yesterday. At approximately 10:30 p.m., three men entered a store on Viewmount Drive and robbed the clerk at gunpoint, taking cash and chocolate bars. There were no injuries. METRO OTTAWA

‘Buggy’ about the stroller brigade

Some carriers take up too much space on buses

We’re all thinking it, so I’m going to just come out and say it: Can we, the transit riding public, get a ruling on an acceptable size for baby strollers on the bus?

ON TRACK
NADINE DOOLITTLE
nadine.doolittle@metronews.ca

OC Transpo’s by-laws don’t restrict buggy size per se, but common sense dictates that if a stroller is the size of a shopping cart it should be confined to the sidewalk.

To put it bluntly, there’s no excuse for the size of some of the strollers tolerated on the bus these days.

They are marketed as jogging strollers, but the bus culture refers to them as “SUVs.” They take up an extraordinary amount of space. They block access to the driver in the event of an emergency, and they are next to impossible for passengers boarding at the front of the bus to safely navigate.

The average jogging stroller is 42 inches long by 22.5 inches wide by 40 inches high. The average shopping cart, by comparison, is 29 inches by 17.5 inches by 33 inches. Even a regular stroller sized at 32 inches by 15 inches by 40 inches is large enough to claim most of the seating at the front of the bus.

Manufacturers of these behemoths claim they are completely portable and can be folded up with the push of a button. In reality, and as any parent or caregiver can testify, just because a thing folds up doesn’t make it portable. Add the weight of the collapsed stroller (18.5 lbs on average) with the weight of the baby, the diaper bag and other paraphernalia, and keeping a grip on everything aboard a moving bus is awkward at best. It’s much easier (and safer for baby) to just roll aboard, especially on the low-floor buses, flip up the seats in the priority seating area and put it in park.

« There’s no excuse for the size of some of the strollers tolerated on the bus these days. They are marketed as jogging strollers, but the bus culture refers to them as "SUVs." »

But there are alternatives. Light, compact strollers are available on the market and better suited for use on public transit. I used one for many years to transport two kids on and off buses and streetcars in Toronto, and they seem unscathed by the experience.

Babies belong on the bus too, of course. But just as luxury vehicle owners are downsizing to smaller, more fuel-efficient vehicles, maybe it’s time the SUV stroller brigade did the same.

Nadine Doolittle is an award-winning writer and a public transit user for the past 35 years.

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a capital weekend

A collection of images reflecting the weekend that was in Ottawa-Gatineau.

From full ceremonial uniforms to bare backsides on bikes, it was a weekend to be proud of the skin you're in.

RIGHT: The Canadian Forces Ceremonial Guard Band stands before the Peace Tower on Parliament Hill on Saturday morning, following an inspection by Canadian Chief of Defence Staff General Rick Hillier, inset photo. The band, in full ceremonial scarlet uniforms, was part of the 125th Anniversary parade of the Royal Canadian Dragoons and Royal Canadian Regiment in Ottawa on the weekend.
JAMES MACLENNAN/FOR METRO OTTAWA

A dog and owner walk along the crest of a hill near Dows Lake on Friday evening as the clouds roll in just before sunset.
JAMES MACLENNAN/FOR METRO OTTAWA

BELOW: Cyclists, some of whom were nude, pedal up Elgin Street before touring Ottawa's Byward Market and Wellington Avenue to protest oil dependency and promote human-powered vehicles by participating in the 4th annual World Naked Bike Ride.
JAMES MACLENNAN/FOR METRO OTTAWA

RIGHT: Downtown Ottawa's Government Conference Centre, formerly known as Union Station, was one of many buildings open to the general public during Doors Open Ottawa on the weekend. The Conference Centre's monumental waiting room, which was copied from the great thermal baths in Rome, is known as the finest room in Canada.
JAMES MACLENNAN /FOR METRO OTTAWA

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canada

Divers searching a lake west of Edmonton pulled the bodies of two men and a 5-year-old boy from the water on Saturday as a five-day search for the missing boaters ended. SOURCE: CBC NEWS ONLINE

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Farm fight on horizon

Move to create greenbelt will displace farmers

It will be trees — and not subdivisions — that ultimately put some of Ontario farmers out of business.

Two of the most powerful ideas of our time, land conservation and the local food movement, appear pitted against each other after a decision made last Friday.

The Rouge Park Alliance approved a 10-year rehabilitation plan for an Ontario park. Under the plan, approximately 700 hectares of land, will be converted from farmland and struggling natural area to lush forest and meadow.

Brian Denney, the chief administrative officer for the Toronto and Region Conservation Authority, said the rehabilitation, which has been underway for years on a smaller scale, will welcome back a broader range of native wildlife species and improve the water quality of the lake while offering recreational and educational opportunities for Ontario residents.

But with global food shortages, high gas prices and a growing awareness of the benefits of local food, the rehabilitation efforts just don't make sense to the 25 farmers, who have been renting the land since the province expropriated it in the 1970s. TORSTAR NEWS SERVICE

Dance auditions **Airborne**

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

The final Canadian auditions for So You Think You Can took place at Toronto Convention Centre yesterday. Among the huge turn out was Richard Chippy, 20, who jumps over Keshia Davis, 21, while they waited in line to audition.

Second soldier killed on mission this week

By **JEFF CUMMINGS**
Metro Edmonton

An Edmonton-based soldier described as a role model to Afghan troops in the country's Zhari District was killed on the weekend after falling 20 metres down a well while on night patrol.

Capt. Jonathan (Jon) Sutherland Snyder was a member of the First Battalion with the Princess Patricia's Canadian Light Infantry, based at the Edmonton Garrison. The Penticton, B.C.-raised soldier was on his second tour duty in Afghanistan and it was his third mission overseas. Snyder was going to get married after his mission. He also leaves behind his parents.

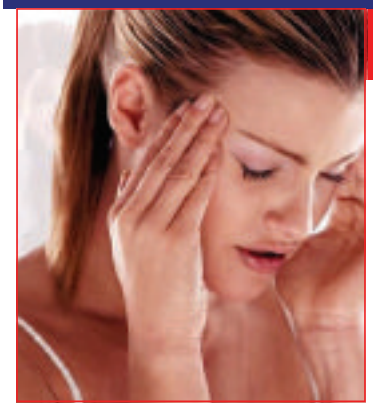
Since Ottawa sent troops to Afghanistan in late 2002, 85 soldiers and one diplomat have been killed.

»news In Brief

» **TRADE** Canada said Saturday it had wrapped up free trade negotiations with Colombia and reached agreement on related labour and environmental issues, but the deal could raise criticism from opposition politicians concerned about Columbia's human rights record.

» **KHADR** Guantanamo Bay interrogators were directed to destroy handwritten notes in an attempt to minimize the chances they could have their actions questioned in court, states a newly released document that could derail the case of Canadian Omar Khadr. METRO NEWS SERVICES

Are You Sick and Tired Of Being Sick and Tired?



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- Some types of cancer, such as breast cancer, Hodgkin's disease, lymphoma

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business world

G8 looks to curb demand for oil

Energy ministers discuss rapid price rise during meet

Group of Eight energy ministers yesterday looked inward for solutions to oil's unrelenting rally, touting the need for efficiency rather than piling pressure on a resistant OPEC to pump more crude.

Oil prices jumped more than $10 higher on Friday to a record $139 US a barrel, the biggest one-day surge.

But the Group of Eight nations — plus non-G8 China, India and South Korea — could agree on little more than expressing "serious concerns" over oil prices.

Amid a growing acknowledgement they would have to find ways of tempering demand rather than counting on producers to pump ever more oil, they focused on technology, conservation and diversification. REUTERS

OPEC stands firm

» OPEC members saw no need yesterday to pump more oil in response to last week's surge in oil prices that top exporter Saudi Arabia — the only member with capacity to boost output quickly — described as unjustified.

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7 die in Tokyo rampage

Twelve more hurt in stabbing spree

A man who said he was tired of life went on a stabbing rampage yesterday in a crowded Tokyo shopping street, killing seven people and wounding a dozen others.

The man drove a rental truck into a crowd of pedestrians at lunchtime and then walked down the street knifing passers-by in Akihabara district, known for its discount electronics and maid cafes.

"I came to Akihabara to kill people," Kyodo news agency quoted the attacker as telling police. "I am tired of the world. Anyone was OK. I came alone."

A Tokyo police spokesman said at least seven people had been killed and 12 wounded.

"The man jumped on top of a man he had hit with his vehicle and stabbed him with a knife many times," Kyodo quoted a 19-year-old witness as saying. "Walking toward Akihabara Station, he slashed nearby people at random."

The dead were six men aged 19 to 74 and a 21-year-old woman, the news agency said.

The police said a man had been arrested, and television stations showed a slight, blood-splattered 25-year-old being herded into a police car.

Witnesses said the rampage was stopped when a policeman armed with a gun confronted the man, who NHK television said was shouting as he cut down his victims. REUTERS

ISSEI KATO/REUTERS

An ambulance worker escorts a man at Tokyo's Akihabara shopping and amusement district yesterday.

Quake kills two in Greece

Tremor hurts 125, homes damaged

An earthquake struck southern Greece yesterday, killing two villagers, injuring 125 people and damaging dozens of homes, authorities said.

Panicked residents ran into the streets and some jumped from balconies when the quake, measuring 6.5 on the Richter scale, struck at 1525 local time, 54 km south of the western port city of Patras.

The village of Kato Achaia near the epicentre appeared to be hardest hit by the tremor, which was felt as far away as Italy. One man was found dead under a collapsed wall and an 80-year-old woman from a nearby village died in hospital of a heart attack after being injured.

A Reuters witness said about half a dozen old houses at the entrance of the village had collapsed and one church had visible damage.

Aftershocks were continuing, with many residents in the region set to spend the night outdoors and in cars, too scared to return to their residences. REUTERS

»news In Brief

» **CHINA** A lake created by the Chinese earthquake which threatens to unleash a devastating flood is still rising despite urgent efforts to drain the waters off safely, Xinhua news agency reported yesterday.

» **BLASTS** Two bombs exploded yesterday at a railway station east of Algiers, killing 12 people including a French engineer, diplomats and security sources said. REUTERS

Rome **Anti-Discrimination**

ALESSANDRO BIANCHI/REUTERS

Roma Gypsy girls dance on a truck in front of the Colosseum during a nation-wide demonstration against discrimination of Gypsies in Rome yesterday.

Obama's pick for VP now the focus

With Hillary Clinton having suspended her presidential campaign, Democrats yesterday began healing wounds from a bruising nominating contest and speculated about Barack Obama's vice-presidential choice.

Obama, who claimed victory in the Democratic presidential nomination race last week, was off the campaign trail, preparing for a tour of the country in his race against the presumptive Republican candidate John McCain in November.

His next major decision is his choice of running mate. Clinton, who suspended her campaign Saturday and threw her support to the Illinois senator, has strong backing from some in the party but is far from the only possible contender.

"No one brings to a ticket what Hillary brings," California Democratic Sen. Dianne Feinstein said. "I do think she has a chance, but that's up to him." REUTERS

goinggreen

Install a low-flow aerator on your showerhead. It could cut your water use for that five-minute morning shower down by two-thirds — to 50 litres from 150.

TORSTAR NEWS SERVICE

Hats off to Ontario and Quebec

Our hats are off this week to the legislatures of Ontario and Quebec. By agreeing in principle to a cap-and-trade policy for carbon emissions, the two largest provinces and major producers of greenhouse gases have placed Canada, as a whole, on a better path.

EARTH TONES
SOPHIA DORE & ANDREW LAURSEN
earthtones.metro@gmail.com

These types of programs have grown in Europe and appear to be effective in providing economic incentive to reduce industrial emissions. And, with both presidential candidates to the south of us endorsing some form of cap-and-trade programs, it appears the U.S. may be heading this way as well.

The agreement between Ontario and Quebec has been denounced by the federal government, perhaps as much for the inherent rebuke as for the break with federal policy (of having no clear policy). Born from frustration of Canada's retreat from international commitments under the Kyoto Protocol, we are seeing smaller jurisdictions fill the void in leadership.

The city of Toronto, as an example, is a leading member of the C40 Large Cities Climate Change Leadership Group, with Mayor David Miller assuming the chair. This group of municipalities from around the world is working together to exchange ideas and technologies for reducing their carbon footprints. Toronto has been a leader in developing a strategy for reducing greenhouse gas emissions and promoting green building technologies. There is still room for improvement in public transit and reducing motor vehicle traffic, but Toronto is moving in the right direction.

We are by no means apologizing for the lack of leadership from the federal government, but perhaps leadership from cities and provinces is the way it should be. Successfully confronting global warming requires a cultural shift more than regulation (although there is an important role for regulatory agencies), and the federal government really is not an agent of cultural change.

Cities and provinces provide the services that are most related to how we live. The way a city is planned and developed plays a major role in the culture of that city. We have seen how revitalization projects can dramatically alter the nature of a city in a short period of time. Decisions about zoning, architecture and public transit contribute strongly to the carbon footprint of a city. Municipal governments, then, should be leaders in the required cultural shift.

«With a growing awareness of the links between environmental degradation and health problems, provincial governments have a vested interest in promoting environmental protection and transforming practices within their borders.»

Provinces provide funding for health care and education. With a growing awareness of the links between environmental degradation and health problems, provincial governments have a vested interest in promoting environmental protection and transforming practices within their borders. In partnership with cities and boards of education, the province also has the tools to promote educational awareness through environmental science programs in schools. These are the places where cultural transformations happen most rapidly.

So while we believe the federal government should be more active in promoting environmentally sustainable practices in Canada, including practices to reduce greenhouse gases, Canadians need not wait for the leadership to come from Ottawa. The changes in lifestyle necessary for reducing our footprint must be fostered locally.

Andrew Laursen is an assistant professor at Ryerson University. Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates.

sports

19-year-old Tour rookie Tseng Yani, left, of Taiwan birdied the fourth hole of a sudden-death playoff against Sweden's Maria Hjorth to win the LPGA Championship yesterday for her first major title. REUTERS

Podolski powers Germany

Poland-native scores twice for Germans

EURO2008

Euro 2008 favourites Germany made a winning start with a 2-0 victory over Poland in Klagenfurt yesterday, but there was trouble in the Austrian city as 140 mainly German fans were detained by police.

Germany's win sent them to the top of Group B after Croatia had earlier ground out a 1-0 victory over Austria who, like fellow co-hosts Switzerland the day before, started the June 7-29 championship with a narrow defeat.

Widely seen as the weakest teams in their respective groups, Austria and Switzerland risk an early exit from a tournament already struggling to fire the imagination of the home fans.

German and Polish fans have a history of rivalry, which also flared in Dortmund during the 2006 World Cup when the hosts met Poland in the group stages. Then, police detained more than 400 people after outbreaks of violence.

Yesterday, a spokesman for Klagenfurt police said: "Some 140 high risk fans were detained following dangerous attacks, administrative offences and the suspicion of having committed legal offences.

"Most of them are German, though we are still in the process of checking everyone's identity."

Two groups of Germans were roving the streets of Klagenfurt, shouting anti-Polish chants, before being detained for disturbing the peace by Austrian and German police forces, Austrian news agency APA reported.

RYAN PIERSE/GETTY IMAGES

Dariusz Dudka of Poland and his teammates did everything they could but were unable to slow down Germany's Lukas Podolski, who scored both goals in a 2-0 German win in their UEFA EURO 2008 Group B match in Klagenfurt, Austria.

On the pitch, though, things could not have gone better for Germany. Their Polish-born forward Lukas Podolski scored both goals to secure their first victory at a European Championship since they won the final of Euro 96 at Wembley.

Podolski steered the ball into an empty net midway through the first half from a pass by Miroslav Klose, another Polish-born striker, and volleyed the second in the 72nd minute.

Poland, who have never beaten Germany in the 75 years they have been playing them, never looked like recovering.

Victory for Germany over Croatia in Thursday's game in Klagenfurt would make a place in the last eight a formality.

Croatia were much less impressive when they took three points from the day's opening game in Vienna, which was decided by a fourth minute penalty slotted home by Luka Modric.

Austria showed real spirit in the second half, laying siege to the Croatia goal in the final 20 minutes, and probably deserved a draw for their sheer effort alone.

They will, however, need to avoid defeat at the very least against Poland in their next game on Thursday in Vienna before taking on Germany in their final Group B match on June 16.

REUTERS

Nadal still King of the Clay

Wins fourth straight French Open title

In the end Roger Federer, like the incredulous crowd at Roland Garros, had no choice but to salute Rafael Nadal.

Nadal

The irrepressible Spaniard put a shell-shocked Federer firmly in his place with a brutal 6-1, 6-3, 6-0 demolition to complete the most lopsided French Open men's final victory for 31 years.

Nadal protected his aura of invincibility in devastating style to take his place alongside Bjorn Borg as the only men to have won four successive French Open titles.

After the one hour 48-minute destruction, even Nadal was embarrassed to celebrate his triumph and told Federer during the presentation ceremony: "I'm sorry for that final but you played well. I want to thank (you) for (your) attitude on the court."

REUTERS

NHL

Wings' Hasek set to retire: Reports

ANNOUNCEMENT Detroit Red Wings goalie Dominik Hasek will announce his retirement at a news conference today according to various media reports.

Hasek has won six Vezina Trophies and two Hart Trophies in his NHL career.

METRO NEWS SERVICES

SCOREBOARD

NBA

NBA FINALS
BOSTON VS. L.A. LAKERS
Game 2 — Last night
L.A. Lakers at Boston
Game 3 —Tomorrow
Boston at L.A. Lakers, 9
Game 4 —Thursday
Boston at L.A. Lakers, 9
Game 5 —Sunday
*Boston at L.A. Lakers, 9
Game 6 — Tuesday, June 17
*L.A. Lakers at Boston, 9
Game 7 —Thursday, June 19
*L.A. Lakers at Boston, 9
(Boston leads series 1-0)
(* – if necessary)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Toronto 5 Baltimore 4
Boston 2 Seattle 1
Chicago White Sox 12 Minnesota 2
Detroit 5 Cleveland 2
N.Y. Yankees 6 Kansas City 3
Oakland 7 L.A. Angels 3 (12 ings)
Texas 6 Tampa Bay 3
NATIONAL LEAGUE
Florida 9 Cincinnati 2
Milwaukee 3 Colorado 2
Philadelphia 6 Atlanta 3
Pittsburgh 6 Arizona 4
San Diego 8 N.Y. Mets 6
San Francisco 6 Washington 3
St. Louis 5 Houston 4
Chicago Cubs at L.A. Dodgers
TODAY'S GAMES
AMERICAN LEAGUE
Kansas City at N.Y. Yankees, 1:05
Minnesota at Chicago White Sox, 2:05
Cleveland at Detroit, 7:05
Seattle at Toronto, 7:07
Tampa Bay at L.A. Angels, 10:05
NATIONAL LEAGUE
Arizona at Pittsburgh, 12:35
Cincinnati at Florida, 7:10 p.m.
San Francisco at Washington, 7:10

EURO 2008

YESTERDAY'S RESULTS
Croatia 1 Austria 0
Germany 2 Poland 0
TODAY'S GAMES
Romania vs. France, 12
Netherlands vs. Italy, 2:45
TOMORROW'S GAMES
Spain vs. Russia, 12
Greece vs. Sweden, 2:45

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:
YESTERDAY'S RESULT
OTTAWA 11 Worcester 8
TOMORROW'S GAME
OTTAWA at Brockton , 7:05

LOTTERIES

Friday, June 6, 2008
Lotto Super 7 3, 7, 29, 32, 39, 43 & 45. Bonus 4.
Ontario Pick 3 4 5 9
Ontario Pick 4 6 2 8 1
Encore 5579019
Daily Keno 1, 4, 7, 9, 10, 16, 20, 22, 23, 24, 25, 39, 44, 46, 54, 56, 65, 66, 67, 68.
Saturday, June 7, 2008
Lotto 6/49 27, 29, 33, 36, 46 & 48. Bonus 24.
Ontario 49 13, 21, 24, 28, 31 & 46. Bonus 17.
Lottario 2, 11, 16, 22, 35 & 39. Bonus 36.
Early bird 1, 16, 20 & 40.
Ontario Pick 3 2 4 7
Ontario Pick 4 1 1 0 3
Encore 6471896
Daily Keno 1, 2, 9, 13, 21, 22, 24, 27, 30, 32, 36, 39, 40, 49, 53, 54, 56, 58, 63, 65.
Sunday, June 8, 2008
Ontario Pick 3 9 5 4
Ontario Pick 4 2 8 6 7
Encore 6058996
Daily Keno 3, 5, 7, 8, 10, 11, 12, 16, 19, 27, 34, 36, 37, 38, 55, 58, 61, 65, 67, 69.
Results not official

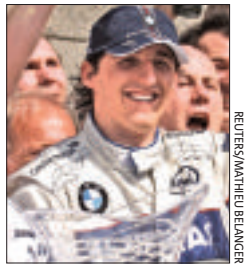
Kubica wins Canadian GP

Polish driver wins his first F1 race

Poland's Robert Kubica took his and BMW Sauber's first grand prix victory in Montreal yesterday to wrest the Formula One championship lead from McLaren's Lewis Hamilton on a miserable afternoon for the Briton.

Hamilton, who enjoyed his breakthrough win on the same course last year, inexplicably drove into the back of Kimi Raikkonen's Ferrari in a pit-lane collision that put the top two drivers out of the race.

In their absence, Kubica seized his chance.



REUTERS/MATHIEU BELANGER

BMW Sauber driver Robert Kubica celebrates his win at the Canadian F1 Grand Prix in Montreal yesterday.

He took the lead on lap 43 when Toyota's Timo Glock pitted and took the checkered flag ahead of German team mate Nick Heidfeld in a momentous one-two finish for the Swiss-based team.

"Fantastic race, fantastic for the team, for me and for my country and for the fans who I thank for cheering for me here in Canada," said Kubica after the Polish anthem had been played for the first time at a Formula One race.

The win capped an amazing turnaround for the 23-year-old Kubica, the first Pole to race in Formula One, after surviving a horrific crash in last year's race on the Circuit Gilles Villeneuve.

Scot David Coulthard, the oldest driver in the race at 37, rolled back the years to finish third for Red Bull.

REUTERS

»sports In Brief

» **BASEBALL** The Ottawa Rapidz defeated the Worcester Tornadoes 11-8 yesterday to end Worcester's three-game unbeaten streak.

» **NHL** Former San Jose Sharks head coach Ron Wilson will likely sign a four-year $5.6M deal tomorrow to be the new coach of the Toronto Maple Leafs.

METRO NEWS SERVICES

workology

Accountemps recently cited a common job search mistake: posting indiscriminately. Consider your online image, and don't post anything that would appear unprofessional to a hiring manager. METRO NEWS SERVICE

Working without words

Non-verbal communication speaks volumes

By **RAFAEL BRUSILOW**
for Metro Ottawa

Body language is more primal than spoken language, and can be understood almost instantly.

Sometimes the most powerful things you can say don't require any words at all.

Body language, good or bad, says a lot more about how you really feel than words alone so you have to make sure your body is speaking the same message your lips are, says keynote speaker and author Carol Kinsey Goman.

In her book, The Non-Verbal Advantage: Secrets and Science of Body Language at Work, Goman offers research, insights and tips to ensure your body language computes with the message you want to convey.

Body language is hard-wired and more primal than the spoken word, Goman says, because long before actual language took root, early humans had to use the visual cues in body language to understand and communicate with other people.

Today, Goman says the key to projecting good body language is to visualize your best behaviour beforehand and make a choice to project a good mood.

"You may have had a lousy day, but you'd better be able to choose what attitude you want to bring into the room. People will pick up on your attitude almost instantly," Goman said.

Most importantly, Goman says projecting a good attitude with your body language can have a powerful uplifting effect on your actual emotional state.

"The same way how if you change your emotions your body language will change, if you change your body language your emotions will change too," she said.

Nothing is easier than a smile to get things rolling.

"A smile is probably the cheapest thing you can do to trigger the reward-stimuli part of the brain. You can spot it across a football field," Goman said.

Touch also taps in deeply to a person's primal instinct, making handshakes a powerful tool in communication.

"Absolutely shake hands with everyone you meet and make sure you have a nice, firm, solid handshake. It takes three hours of interaction to equal the amount of rapport you can get with one hand shake," she said.

Eye contact is of course crucial to good body language, but you don't want to stare so long that it starts to get creepy. Goman suggests a little trick to do it right.

"When you make eye contact (with someone), make sure to look long enough to notice what colour their eyes are," she said.

Ultimately, body language has much more influence on how people perceive you than just your words or actions alone, so make sure you're sending the right signals. "In body language, it's not so much what you intend but what the person observing you believes you intend. You need to rethink your non-verbal signals through the eyes of the recipient and make sure your body language is congruent with the message you want to send," Goman said.

practice

- Body language techniques to practice:
- The eyebrow flash: widen your eyes and raise your eyebrows to show warmth towards someone. "It's a powerful subconscious signal that you like them," Goman said.
- Lean in slightly to show you feel engaged.
- Turn square to face a woman; choose a slightly more oblique angle when facing a man.
- Don't deal with people from behind your desk — stand up!
- Head nods work best in clusters of three at a time.

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Feeling good for a living, full-time

Self-esteem guru dishes on life, work, confidence

By **RAFAEL BRUSILOW**
for Metro Ottawa

With the third season of hit makeover show X-Weighted just airing on the Slice Network, the show's resident self-esteem guru Fred Connors walks the walk and talks the talk.

The confident, youthful 41-year-old with 25 years of experience as a stylist says looking good starts on the inside.

"How we look is directly related to how we feel. People are starting to realize their success in the world is based on how much self-esteem they have," Connors said.

X-Weighted follows obese Canadians trying to drop the fat and live healthier lifestyles and Connors helps participants want and strive for a better sense of self-worth to find satisfaction in their own lives. The key is getting people to step back and see how to use their proverbial lemons to make lemonade.

> «*I look at difficulty not as a disaster but as an opportunity. It's amazing how the process of self-exploration can lead people to personal fulfillment.*»
>
> *Self-esteem guru Fred Connors*

"I look at difficulty not as a disaster but as an opportunity. It's amazing how the process of self-exploration can lead people to personal fulfillment," Connors said.

Despite wearing many hats successfully — Connors is an accomplished stylist, clothing and cosmetics designer as well as a regular on X-Weighted — the one Connors identifies with most is that of entrepreneur — he runs his own hybrid café-spa-art gallery in Halifax.

True to form, he lives the very same lessons he teaches on X-Weighted.

"I've always been tactile and creative. I have an intuitive sense of how to relate to people and I'm very proud of the things I've been able to accomplish," Connors said.

PHOTO SUBMITTED

Fred Connors specializes in self-esteem.

"I'm very able to look at individuals and show them things that aren't working about themselves and whether their ideologies are aligned with what their goals in life are."

He thinks his ability to be frank is a big part of his success on the show.

"When I see someone who's in a dysfunctional relationship, I don't have that feeling of discomfort drawing attention to it if doing so will ultimately improve the quality of that relationship," he said.

Self-esteem is a two-way process that Connors says reflects not only your own thoughts and goals but also the way you relate to others.

"The way we feel about ourselves, the way we feel about the people around us and the way we relate to our community all defines the way people perceive us," he said.

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* A placement test is required for all ESL and FSL levels except for FSL Beginner A.
Financial assistance may be available for ESL courses. International fees apply to international students.
ALGONQUIN COLLEGE

Net the next generation

Employers need new employee retention ideas

By **RAFAEL BRUSILOW**
for Metro Ottawa

As Canada's baby boomers continue to retire from the workforce, employers are being faced with a daunting challenge — to not only find young talent, but to make sure they stick around as well.

Canadian statistics show about 8.7 million people aged 55 and older live in Canada, 2.7 million of which are nearing retirement soon, a situation that Judy Sweeney, vice-president of research at talent management firm Taleo Corporation, says is likely to exacerbate the rush for young talent.

"As people exit the workforce there aren't enough people to fill those positions. There certainly will be a continuing war for talent," said Sweeney.

Finding young talent is one thing, however; keeping them around is another story entirely.

"The younger generation is very interested with their career path in an industry rather than with a single company. They're jumping from one company to another because they are much better equipped to understand the opportunities in the market," Sweeney said.

> « *The younger generation is very interested with their career path in an industry rather than with a single company.* »
>
> *Taleo Corporation's Judy Sweeney*

Dubbed "Generation Y" by market analysts, younger candidates under the age of 27 have different desires and habits than previous generations and Sweeney says employers need to listen.

"Gen Y-ers are very self-confident, they're very technically savvy and they are a generation that asks the question 'Why?' when told to do something," Sweeney said.

To retain younger workers, companies have to be willing to change the work environment. Sweeney says Gen Y-ers are accustomed to and prefer collaboration and they love to multi-task, so companies need to take steps to put young talent into teams and make sure they're not stuck doing one thing all the time.

Gen Y-ers are also much more plugged into social networks than older generations so Sweeney says many companies are now starting to offer postings and interactive groups on social networking sites like *Facebook.com* and *LinkedIn.com*. Manufacturing giant Proctor & Gamble even offers a game targeted at Gen Y-ers on its recruiting site that assesses teamwork skills in a fun way. It's all part of understanding how younger workers communicate, Sweeney says.

"You have to go to their sources and speak to them in their languages," she said.

When it comes to money, Sweeney says research shows younger talent is less interested in financial rewards and much more interested in career flexibility — both in pursuing career paths and in working more flexible hours. She recounts a story of a computer programmer who refused a raise to instead ask for night-time hours and an easy chair as an example of how traditional approaches might be out of tune with what Gen Y-ers really want.

"Ask them what they want and don't assume they want the same things as older generations. Work evolves from generation to generation, and I think this is a particularly bright and energetic generation," Sweeney said.

Young workers today are proving to be a bright yet questioning lot, according to some analysts.

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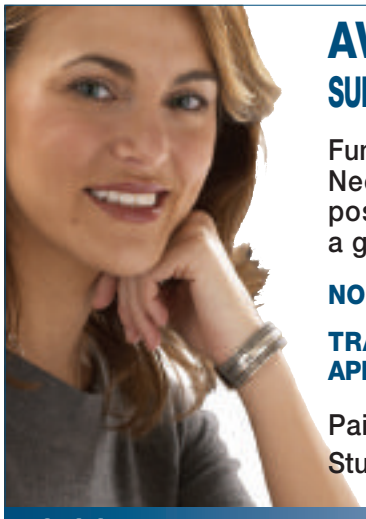

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entertainment

Keira Knightley, left, is close to signing on to play Eliza Doolittle in an update of the London-based classic My Fair Lady.
TVGUIDE.COM

weekend box office

» Following are the top 10 films at the North American box office for the first three days of the weekend beginning on June 6:
» **1. Kung Fu Panda, $60 million US**
» 2. You Don't Mess With The Zohan, $40 million
» 3. Indiana Jones And The Kingdom Of The Crystal Skull, $22.8 million
» 4. Sex And The City, $21.3 million
» 5. The Strangers, $9.3 million
» 6. Iron Man, $7.5 million
» 7. Prince Caspian, $5.5 million
» 8. What Happens In Vegas, $3.4 million
» 9. Baby Mama, $779,000
» 10. Made Of Honor, $775,000 REUTERS

divorced

Heche told to pay for son's care

PEOPLE Anne Heche must give her ex-husband $275,000 US plus regular child-support payments for the care of their son, a judge has ruled, BBC News Online reports. Her five-year marriage to Coleman Laffoon ended last year. Heche has to provide $3,700 a month for Homer, plus 75 per cent of the costs of private school. METRO NEWS SERVICES

Alicia Keys finds herself

R&B singer turns troubled times into big success

R&B singer Alicia Keys is enjoying a successful worldwide tour, a chart-topping album and will act in an upcoming movie, but it might not have happened, she said, were it not for a near breakdown two years ago.

Keys, whose current hits include No One, is in the middle of her As I Am tour. The new As I Am album debuted on record charts at No. 1 and has sold over three million copies.

In October, she makes her film debut in The Secret Life Of Bees, starring Queen Latifah and Jennifer Hudson. Based on the best-selling novel of the same name, the movie is co-produced by Will Smith and backed by indie powerhouse Fox Searchlight.

While Keys seems to lead a charmed life and has the sort of career that most other 26-year-olds could barely imagine, it hasn't always been so rosy.

Two years ago, the singer went through a troubled period that nearly derailed her life and career. A workaholic lifestyle and the death of a close relative from cancer pushed her "very close" to the breaking point, she admits.

SONG BMG PHOTO

Alicia Keys latest album, As I Am, debuted at No. 1 on record charts.

Instead of having a public meltdown, Keys faced her demons in private.

"I knew I needed time away, so I went to Egypt for a month — on my own, which gave it a whole different perspective," she told Reuters in a recent interview.

"It allowed me to see things I'd never seen before — all the temples on the Nile, the Pyramids, the history. It was so rich and beautiful and strong, and it inspired me so much, and renewed me."

Keys said she felt like it was important to be alone so she could reflect on her thoughts and examine her life, away from the media spotlight. She also cut back her work schedule.

"I'm definitely a workaholic in some ways, although less than I was before," she said.

Ultimately, she said, the near-breakdown brought about an artistic breakthrough that helped shape the music on her third album and her edgier stage persona.

Billboard magazine, in its review of As I Am, said Keys "takes a step closer toward the soul revival popularized by John Legend, with full band arrangements and bright horn hooks, only occasionally falling back into the piano/melisma combination that drove the singles off her first two albums."

Keys has always prided herself on being in control of her career and music, producing her records and writing songs, but ironically, she was able to push herself more on the new album by giving up some of that control, she said.

"I purposely didn't have such a kind of controlling approach about it and I allowed the music to flow," she said. "I've come more into my own, and really, with experience comes confidence and a little bit more of awareness of how I would like to do it, having learned from the past."

She added that she is anxious to experiment even more and wants to work with rock acts like the White Stripes, Green Day, U2 or Coldplay.

"Things that are not quite of the same world, or so you think," she said, "but when you put them together it's just really interesting." REUTERS

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Hot style to cool down

As temperatures rise, chill out with these tips

So! There's a heat wave upon us and you're looking around your space thinking; 'Blimey; What do I do to lighten up, and how can I make my world that little bit fresher without, ahem, breaking the bank?'

Well, panic not — we're here to help. Stick with us, kids, and we'll soon have you refreshed, invigorated ... and a whole load cooler, literally and visually.

First things first. It's time to pare back. Tear down those thick winter curtains and replace them with lighter voiles that'll visually freshen and allow summer breezes to float through your home. And, while you're at it, peel back those chunky wool throws, knobbly cushions and heavy bed dressings and seasonally adjust your environment.

As replacements, opt for cooler cotton or silk Pashmina style throws and lightweight foam-filled cushions instead of feather — each far more comfortable during hotter climes.

If you really want to effect full seasonal adjustment, then perhaps it's time to paint out the very warming wintry colours you chose at the end of last summer!

However, if you don't want to completely redecorate, then by simply adding an accent wall in a cool shade like Dulux 'Big Chill' (it's baby blue!) or Dulux 'Early Frost' (a soft yet crisp green note) you can achieve surprisingly cooling results. Either of these selections would provide the perfect foil to balance existing mocha, caramel or even chocolate shades.

COLIN & JUSTIN'S INTERIOR DIVINE

Colin and Justin's Top Five Cool Downs:

ONE: Invest in a sexy fan; 'The Hampton Bay Retro', a gorgeous oscillating design finished in chrome, costs just $49.95. Available from Home Depot it can be used on your desk top or can be adjusted to become a tall floor standing model.

TWO: Cast off those heavy layers and lighten up your soft furnishings with lightweight summer alternatives.

THREE: Accent walls rule! One or two paler walls will — visually — cool things down as the mercury ascends. Try light reflective paints by Rona, The Canadian How To People to further open up space.

FOUR: Mirror and mirrored furnishings will bounce light and brighten up even the dullest interior. Try *tanyas.ca* for a great choice.

FIVE: Invest in a cute wee water feature! You'd be amazed at the cooling power of a trickling indoor fountain. Click onto *tropicsnorthstudios.com* for streams of inspiration.

Finally, set your new scheme to a little music! And take it from us — nothing (of an aural nature!) cools more than Serve Chilled '08 by Hed Kandi.

Featuring high on our 'at home' soundtrack, it's a refreshingly relaxing vibe that'll help you shift down a few gears as the temperatures rise!

Colin & Justin's The Home Show, airs Tuesdays at 11 p.m. and Saturdays at 4 p.m. ET on HGTV. *www.hgtv.ca*

drama

NYPD's Smits now Dexter attorney

TELEVISION Former NYPD Blue star Jimmy Smits has joined the cast of Showtime's drama series Dexter, which begins its third season in the fall.

Smits will portray Miguel Prado, an ambitious, charismatic assistant district attorney who comes from one of Miami's most politically powerful and beloved families. Smits will be featured in 10 of the third season's 12 episodes. REUTERS

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	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/9/08	265	353	2	TVO	Time Team		The Agenda With Steve Paikin		Midsomer Murders		Monarchy "Aengland"		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA)		House "The Right Stuff"		Durham County		News (N)
	-	-	5	SRC	Des squelettes	Houde	Chère Betty (SC)		Bons baisers de France (SC)		Le Téléjournal (SC)		La Zone
	209	342	6	CHRO	Wheel-Fortune	Jeopardy! (N)	Big Bang Th	30 Rock	Two/Half Men	According-Jim	Comedy Now	Comedy Inc.	News (N)
	196	311	7	CTV	eTalk	Degrassi: Next	Corner Gas	Robson Arms	Canadian Idol Auditions.		CSI: Miami (HDTV)		News (N)
	208	303	8	CBC	Just-Gags	Countdown to	Pretty Woman ★★★ (1990, Romance-Comedy)				CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	American Gladiators (N)		Nashville Star (Season Premiere) (N)				News (N)
	117	713	10	TVA	Qui perd gagne (SC)		Ma Maison Rona (N)		Monk (SC)		Le TVA 22 heures (N) (SC)		Sucré-salé
	-	-	11	QS	Catherine (SC)	3 x rien (SC)	CSI: NY (SC)		Faut le voir	Sexy Cam	Cent dix pour cent (SC)		Journal du soir
	137	763	12	TFO	Panorama	Visages	Super plantes		Et vogue le navire ★★ (1983, Comédie) Freddie Jones.				Insectia (SC)
	-	362	13	CBS	Dr. Phil		Bill Engvall	How I Met	Two/Half Men	Engagement	CSI: Miami (HDTV)		Two/Half Men
	216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Solo Flight
	214	344	15	CITY	American Gladiators (N)		The Bachelorette DeAnna holds a singing contest. (N)				The Mole (N)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	CH	The Insider (N)	E! News	Engagement	How I Met	Nashville Star (Season Premiere) (N)				News (N)
	-	361	20	ABC	News (N)	Entertainment	The Bachelorette DeAnna holds a singing contest. (N)				The Mole (N)		News (N)
	512	396	24	CPAC	Revue Politique		L'Heure politique		La Période de questions		Revue Politique		Heure polit.
	651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA)		House "The Right Stuff"		News (N)		News
	-	-	64	PBS	Business Rpt.	Queen-Cavalry	Antiques Roadshow		EMPOWER		American Experience		Tavis Smiley
	205	312	104	CTV	Degrassi: Next	eTalk	Corner Gas	Robson Arms	Canadian Idol Auditions.		CSI: Miami (HDTV)		News (N)
news	502	390	26	NW	News (N)	Newman	The Hour		CBC News: The National		Afghanistan's Opium Trail		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	European Poker Tour		Soccer UEFA Euro 2008 -- Italy vs. Netherlands.				Sportsnet Connected (Live)		Sportsnet Con.
	126	730	28	RDI	Dominique Poirier en direct		Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball Seattle Mariners at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
	411	457	56	OLN	Exploration	Videos	The Amazing Race 7		Mantracker (N)		Departures (N)		Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	This Week in NASCAR (N)		SuperCars	Car Crazy (N)	Barrett-Jackson		Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Scooby Doo	Scooby-Doo	6teen	Total Drama	Futurama	Teenage Mutant Ninja Turtles (1990, Fantasy)		
	557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Adrenaline Proj	Futurama	Shadow Raider	Falcon Beach		Mystery Hnt.
	570	580	29	MM	mmmtop	NoseDive	Tip of Tongue	Tip of Tongue	Celebrity Rehab With Dr. Drew		I Know My Kid's a Star		Popaganda
cable variety	615	520	31	A&E	CSI: Miami (HDTV)		Intervention		Intervention		The First 48 "Hard Fall"		Crime 360
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		The Firm ★★★ (1993, Drama) (HDTV) Tom Cruise, Jeanne Tripplehorn.				
	521	560	34	TLC	Jon & Kate Plus 8		Master-Dance	Master-Dance	Jon & Kate Plus 8 (HDTV) (N)		Jon & Kate	Jon & Kate	Master-Dance
	145	761	35	TV5	Toute une histoire		Dans le secret des reines du Nil				Passez au vert	Ville	Journal TV5
	616	521	39	SHO	ReGenesis (HDTV)		Cold Squad		Trailer Park	Billable Hours	Damages (HDTV)		House
	620	523	40	BVO	Cirque du Soleil's Solstrom		And They Danced		The In Crowd ★★ (1988, Drama) Donovan Leitch.				Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters "Viewer Special"		Dirty Jobs		Canada's Worst Handyman (N)		Daily Planet
	575	583	43	CMT	Country Music Awards		Totally	Terri Clark-Dirt	Reba	Hope & Faith	Home Improve.	Roseanne	Dedicated
	601	562	45	SLC	Women on Top	Til Debt-Part	End of Leash	Spoiled Rotten	Tim Gunn's Guide to Style		Project Catwalk (N)		End of Leash
	625	548	46	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Distraction	Com.-Presents	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	Friends	Friends	The Original Kings of Comedy ★★ (2000, Documentary)				Seinfeld
	600	564	49	H&G	House Hunters	Buy Me	Outside	Find Your Style	Property Virgin	Home to Stay	Design U	Parents House	House Hunters
	627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Star Trek: Next Gener.		Blood Ties (DVS)		Stargate SG-1
	581	566	53	MTV	MTV e2	Cribs (N)	4REAL	MTV e2	Super Sweet	The Paper	The Paper	Life of Ryan	MTV Live
	618	524	54	TROP	Deal or No Deal Canada		ET Canada	What Happen?	X-Weighted		Are You Smarter		Deal-No Deal
	522	506	55	HIS	NCIS "Bete Noir"		Dogfights		Rome Mark Antony returns to Alexandria.			Urban Legends	Crime Stories
	129	773	60	CD	Biographies "Lucie Laurier"		Hantise (HDTV)		Images-chocs		Escrocs		Docu-D
	261	394	61	V	Murder, She Wrote		Prime Minister	Wait for God	McLeod's Daughters		Divine Restor.	Recreat. Eden	Doc
	602	567	62	W	Will & Grace	Friends	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
	269	350	70	APTN	La piqure	Desti'Nations	Notre Peuple		Leaving Normal ★★★ (1992, Drama) Christine Lahti.				Beyond Words
	621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Ultimate Super Heroes-Villains		The Tonight Show-Jay Leno		eTalk
	603	561	95	FN	Road Grill	Licence to Grill	Restaurant Makeover		Good Eats	Perfection	Ramsay's Kitchen Nightmares		Restaurant

critics'corner

The Firm
A Memphis, Tenn., law firm makes rookie attorney Mitch McDeere (Tom Cruise) an offer that seems too good to be true. That's because it's buying more than his legal expertise; his new colleagues are up to their eyebrows in mob business, and no one here gets out alive. Jeanne Tripplehorn, Gene Hackman and Ed Harris also star in this 1993 legal thriller based on a John Grisham novel. 9 PM on 32 SPKE

Nashville Star
It's about time this show got a broadcast network berth after all those years on cable. Season six brings lots more changes to the country music competition: Duos and groups are now allowed, auditions are open to those 16 and up, and Billy Ray Cyrus takes over as host. The season premiere showcases the good, the bad and the ugly from the audition rounds — always fun. 9 PM on 18 CH 9 NBC

celebritybuzz

Shania 'healing her broken heart'

Shania Twain opened up about her split from husband of 14 years, producer Robert "Mutt" Lange on her website recently, usmagazine.com reports.

"As I am sure you have seen or heard; I am going through a rough time personally in my life," the country singer wrote.

"I wanted you all to know that I could not be getting through this without you.

"Your letters, emails and words of encouragement give me strength. Your overwhelming support reminds me to smile, no matter how deep the pain and to always be grateful for all the beautiful blessings in my life. I have so much to say but I know the best way for me to speak is through my music.

"This is my therapy, my passion, and my love. I look forward to sharing it with all of you as I begin this new journey.

"I need some time to heal this broken heart but make no mistake; I will be back and hopefully stronger than ever."

Twain and Lange announced their split on May 15. They have a son, Eja D'Angelo, 6. Twain's secretary and house manager disputed people.com's report that she broke up the Timmins, Ont., native's marriage. Metro News Services

Hayden kisses and tells

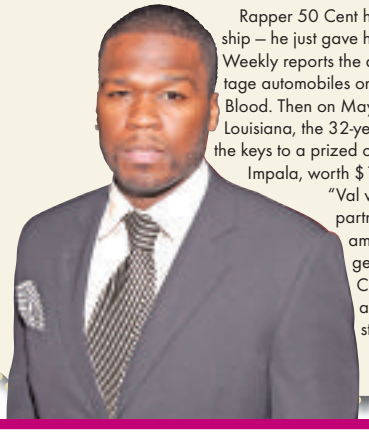
Hayden Panettiere won't talk about dating her Heroes co-star Milo Ventimiglia, but she recently revealed that she has no problem kissing other girls, according to tmz.com.

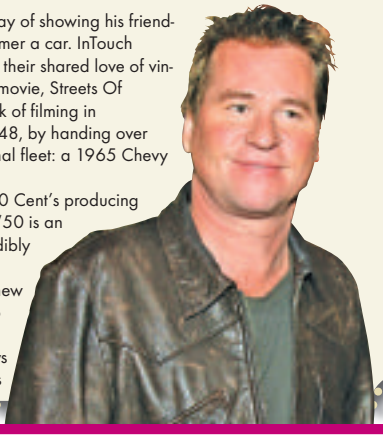
The 18-year old actress told the U.K. edition of Glamour magazine about her experimental ways.

"It's great to be single. It's great to have boyfriends. Or girlfriends. There are occasions when you kiss your best friend growing up, having fun and goofing about. Like perfecting your technique!"

Metro News Services

Fiddy doesn't nickel and dime





Rapper 50 Cent has an extravagant way of showing his friendship – he just gave his new co-star Val Kilmer a car. InTouch Weekly reports the duo first bonded over their shared love of vintage automobiles on the set of their new movie, Streets Of Blood. Then on May 23, after just a week of filming in Louisiana, the 32-year-old surprised Val, 48, by handing over the keys to a prized classic from his personal fleet: a 1965 Chevy Impala, worth $100,000.

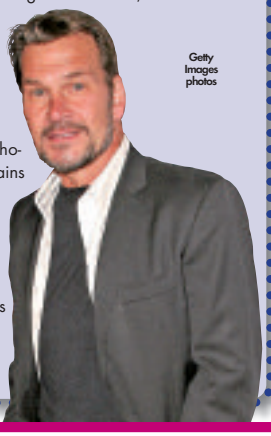
"Val was shocked," says 50 Cent's producing partner, Randall Emmett. "50 is an amazing guy and incredibly generous." Val and 50 Cent play cops in the new action flick, which also stars Sharon Stone.

Metro News Services

Swayze back to work

Patrick Swayze, who was diagnosed with pancreatic cancer in March, is heading back to work, usmagazine.com reports. A&E has ordered 13 episodes of his new series The Beast, according to the Hollywood Reporter. Swayze plays an unorthodox FBI veteran who trains a new partner while being pursued by a secret Internal Affairs team.

A&E execs told the Reporter that the actor's doctors have cleared him to resume work. Metro News Services



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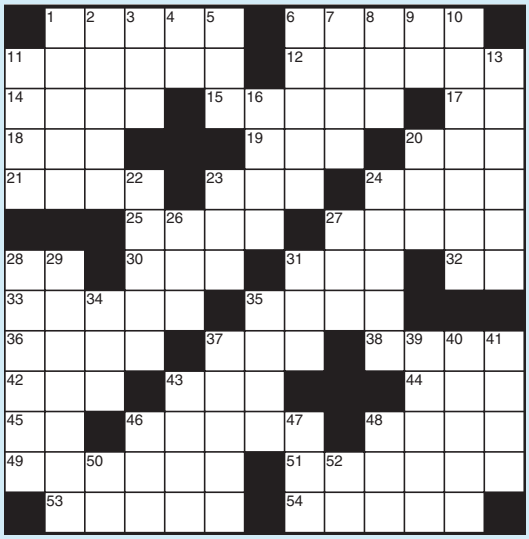

down

1 Kind of panel
2 Babble
3 Sandy's reply
4 West Coast st.
5 Yale athlete
6 Swab brand
7 Big Dipper bear
8 Long sigh
9 New England st.
10 Quincy in "The Odd Couple"
11 First name in perfume
13 Urbane
16 Chafes
20 Assist
22 Utah city
23 Average grade
24 Classical language
26 Untold centuries
27 — Andreas Fault
28 Flashlight carriers
29 Tel Aviv coins
31 Oola's guy
34 Farm animal
35 Fourth dimension
37 Paired, as oxen
39 In — — (briefly)
40 Turn aside
41 Capp or Gump
43 Stun
46 — tai
47 Question
48 Brief craze
50 What's that?
52 Scale note

across

1 Outer —
6 Modern physics particle
11 Paddock
12 Nature walks
14 Norse king
15 — wolfhound
17 Doubtful answer
18 Lynx or panther
19 Work — — sweat
20 Back when
21 Two-color cookie
23 ABC rival
24 Luxury transport
25 The Bee —
27 Nobelist from Egypt
28 You and me
30 Woodland creature
31 Feedbag morsel
32 Vt. neighbor
33 Luster
35 Writer — Morrison
36 Rough-cut
37 Kennel sound
38 Auto-parts store
42 Barely make do
43 Abbot
44 Colorless
45 Concerning
46 — — face (grimace)
48 "Sixteen Tons" singer
49 Dirty politics
51 Like cloudless nights
53 Jerked away
54 Child

previous answer

A	R	C		F	E	S	T		E	L	M	O
L	O	O		A	L	A	I		N	O	O	K
S	I	L		D	I	S	P	O	S	A	L	S
O	L	D	I	E				D	U	D	E	
			O	D	D		P	E	R			
F	I	N	N		O	R	E		E	L	A	N
A	R	T			N	A	P			E	W	E
B	A	H	S		U	P	S		W	I	L	E
			A	P	T		I	C	H			
	R	A	C	E				R	O	B	I	N
T	E	C	H	N	I	Q	U	E		E	V	E
A	N	T	E		R	U	M	P		L	A	O
W	E	S	T		K	E	P	T		A	N	N

HOROSCOPE

ARIES | March 21-April 20
A strange conversation will raise concerns. Buy something useful before tomorrow. Show appreciation to those who help you.

TAURUS | April 21-May 21
Let people focus on your talent. Astounding incidents of kindness will create harmony. Boasting can cause problems at work.

GEMINI | May 22-June 21
You'll know that an ethical action is necessary. Don't rely on anyone who lacks integrity. Appreciate what an amusing guy says.

CANCER | June 22-July 22
Go out of your way to help a painful situation. An accusatory woman is mistaken. A lesson is learned by a proud person.

LEO | July 23-Aug. 23
You'll speak soothingly to a friend. Refuse to argue when someone is troubled. Someone is being confrontational to create chaos.

VIRGO | Aug. 24-Sept. 22
Boost your health now to avoid ailments. Witty activity will be encouraged by friends. Better information comes from remarkable people.

LIBRA | Sep. 23-Oct. 23
A compulsive shopper will research a better bargain. Treat a colleague to a thrilling surprise. A lover won't hide any true feelings.

SCORPIO | Oct. 24- Nov. 22
Give outsiders a time to remember. A forlorn walker will transform depression. Time is running out for a change to be made.

SAGITTARIUS | Nov. 23- Dec. 21
Be more direct in your encounters with honest people. You'll enjoy a truth-seeking discussion. Keep an open mind.

CAPRICORN | Dec. 22-Jan. 20
Happiness is found when things work out for the best. Bad habits can hinder a relationship. Delayed money will arrive.

AQUARIUS | Jan. 21-Feb. 18
Disregard your fears and take stock of your values. Now you can set realistic goals. Someone's love life is changed by innuendo.

PISCES | Feb. 19-Mar. 20
You can take care of things by being unconventional. You will not seem to be a good organizer. You'll see a remarkable event. AVATAR VENUS

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				1		4	5	8
5	7		4	2			9	
						7		
			3					9
4	1		8		9		6	3
9					6			
		2						
	3			8	7		1	5
1	8	5		3				

instructions

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

3	1	9	5	6	7	2	8	4
5	4	2	8	9	3	7	1	6
7	6	8	4	1	2	5	9	3
1	8	3	7	4	6	9	2	5
2	9	5	3	8	1	6	4	7
4	7	6	9	2	5	8	3	1
6	3	1	2	7	9	4	5	8
8	2	7	1	5	4	3	6	9
9	5	4	6	3	8	1	7	2

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Ottawa weather

Afternoon	Tonight	Tuesday	Wednesday	Thursday
70%		40%		
Thunder-storms. 27°	Variable. 20°	Showers. 29° / 15°	Partly cloudy. 22° / 11°	Sunny. 24° / 11°

The Weather Network
theweathernetwork.com

Temperature
Normals
High: 22.9°
Low: 10.9°

Records
High: 32.8°/1959
Low: -0.1°/1980

Sunrise: 5:14 a.m.
Sunset: 8:49 p.m.
Moonset: 12:45 a.m.
Moonrise: 11:56 a.m.

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